

Safety Newsletter

January 2006

Volume 2 - Number 5

Safety Education for Individual Providers of In-Home Care

Introduction

Congratulations! Over 11,000 people have completed *Safety Training for Individual Providers* in the first year alone. This is quite an accomplishment and we are proud of all of you who are committed to keeping yourselves and your employers safe.

In 2006, we will begin providing more resources relating to safety—look for information by mail later this year, and we will be adding articles on our website. Ideas or suggestions are welcome (email to info@hcqa.wa.gov). In the meantime, visit www.hcqa.wa.gov for online safety training, this newsletter, and information from your safety committee.

Ways to Complete Safety Training:

- On line at <http://hcqa.sedgwickcms.com>;
- Attend a Safety Seminar listed on the back of this newsletter; or
- Home study by reading the Safety Manual and returning the 'Attestation' form.

REMINDER: Those hired *before* July 1, 2005 **MUST** complete at least one form of safety training by December 31, 2006. (Safety training needs to be completed only once. If you have a certificate, you do not need to take it again.)

Those hired *after* July 1, 2005 must complete safety training within 120 days. (Many of you will take it with 'Fundamentals of Caregiving'.)

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In Case of a Work-Related Injury:

Call 1-866-897-0386 (Sedgwick CMS)

If medical treatment is necessary:

- 1) Go to your doctor. Tell them your injury is work-related.
- 2) The doctor's office will help you file a Washington Labor & Industries State Fund Report of Accident.
- 3) List your employer on the form as **HCQA Negotiated Contract**, 601 Union St., Ste 3500, Seattle, WA 98101
- 4) To check on your claims status: 1-800-LISTENS (1-800-547-8367) or online at: [www.http://lni.wa.gov](http://lni.wa.gov)

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Preventing Trips and Falls

Tripping and falling is a major cause of injury among workers. Individual providers have injured themselves by tripping over pets, pet toys, electrical cords and furniture. How can you control tripping hazards? Conduct a walk-through of the home with your employer and try to identify things you might trip over or bump into. Look for:

- Review routes to the kitchen, bathroom, and bedroom for obstacles or tripping hazards;
- Loose carpets. Remove or tape down curled rug edges;
- Furniture that is in the way. Make suggestions to minimize your chance of tripping over furniture;
- Electrical or other cords that may cause tripping;
- Oxygen tubes. Make sure they are not kinked and are out of the way;
- Pets (cats and dogs can get excited or be affectionate and cause you or your employer to trip);
- Spills or drips such as water in the bathroom or kitchen that might cause slipping.

HOME SAFETY TIP: One of the easiest ways to prevents slips, trips and falls is to wear sturdy tennis shoes while working. Try not to wear your shoes outside in the rain/mud because they could become a slip hazard. *Keep an extra pair indoors at work.*

Household Chemical Safety

Everyone uses household chemicals almost daily and rarely think about how those chemicals might injure us. Knowing what kinds of chemicals are kept in the kitchen, bathroom, garage or storage shed helps keep one safe. Containers without labels, or those that look rusty or damaged should be discarded properly.

How do chemicals injure individual providers?

One individual provider reached under the kitchen sink and accidentally bumped his hand into a can of oven cleaner that was missing the cap. The oven cleaner shot into his eye causing serious injury.

HOME SAFETY TIP: Make sure you know where cleaners are and that they are properly stored.

Another individual provider cleaned out a cat litter box using chlorine bleach as a disinfectant. Cat urine (ammonia) in the litter box combined with the bleach to release a very dangerous chlorine gas, causing respiratory problems.

HOME SAFETY TIP: Do not mix chemicals. They are designed to be used by themselves. Be aware that even naturally occurring chemicals can be toxic.

Using gloves, paper face masks and exercising care when handling chemicals are added safety precautions.

Safety Seminar Schedule

A four hour Safety Seminar is available to **Individual Providers hired BEFORE July 1, 2005** at multiple locations throughout Washington (see schedule below). **Individual Providers who attend the Safety Seminars will receive four hours of their regular hourly rate on an upcoming paycheck.* The Safety Seminars meet continuing education requirements for those Individual Providers who are eligible to accrue continuing education.** Most Individual Providers hired after July 1, 2005 will take the Safety Training with Fundamentals of Caregiving.

** Note: You must be employed by a consumer at the time you take your training in order to get paid for safety training.*

<u>City</u>	<u>Address</u>	<u>Date</u>	<u>Time</u>
Bellingham	DSHS CSO 4101 Meridian – Oak Room	Apr 26	1pm
Colfax	DSHS CSO 418 S Main Street, Suite 3	Mar 29	1pm
Everett	840 N Broadway, Building A Room 103 (enter back door; use code 4003)	Feb 8	1pm
Kennewick	DSHS 1120 N Edison	Feb 8	1pm
	DSHS 1120 N Edison	Feb 21	1pm
Lacey	Lacey Government Center 1009 College St, Room 104B	Feb 7	1pm
	Lacey Government Center 1009 College St, Room 104B	Apr 18	1pm
Moses Lake	DSHS 1620 S Pioneer Way – Conference Rooms A & B	Feb 15	1pm
Newport	DSHS CSO 1600 First Street	Apr 19	1pm
Port Orchard	Gibbons Community Ctr, 350 Fairmount Rd, Suite 2, Conference Room	Mar 9	1pm
Seattle	DSHS 4045 Delridge Way SW – Room 353	Feb 9	1pm
	DSHS 4045 Delridge Way SW – Room 353	Mar 15	1pm
	DSHS Holgate 1737 Airport Way – Puget Sound Room	Apr 13	1pm
Tacoma	DSHS Centennial Bldg 1949 S State Street – Room 291	Mar 13	1pm
	DSHS Centennial Bldg 1949 S State Street – Room 291	Apr 5	1pm
Vancouver	Fire Station #83, 213 NE 120 th Ave	Feb 21	1pm
	Fire Station #83, 213 NE 120 th Ave	Apr 4	1pm
Wenatchee	Chelan County Fire Dept, 206 Easy Street	Mar 15	1pm
Yakima	DSHS 1002 N 16 th Ave, Suite 302	Feb 2	1pm
	DSHS 1002 N 16 th Ave, Suite 302	Mar 8	1pm

NOTE: If you have already completed the safety training by attending class, on-line, or at home study and received a certificate, you do NOT need to come to a Safety Seminar.

A Safety Committee meets quarterly to discuss workplace accidents, injuries and illnesses. If you would like to attend the next Safety Committee meeting or would like to have a safety issue discussed, please call our toll free number (1-800-416-1890) and let us know. Any individual provider interested in observing the meeting is welcome to attend.

IMPORTANT INFORMATION FOR INDIVIDUAL PROVIDERS

Home Care Quality Authority
640 Woodland Square Loop SE
Olympia, WA 98504

To take the safety seminar on-line:

<http://hcqa.sedgwickcms.com>

Need a Safety Manual and 'Attestation' form or have a safety question or suggestion?

Call 206-262-4444

Or

1-800-416-1890

or e-mail:

riskcontrol@

sedgwickcms.com



For more safety information, visit our website:

www.hcqa.wa.gov



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